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| (54) Title: <u>GENETIC MARKERS WHICH IDENTIFY INDIVIDUALS WHO IMPROVE THEIR DIABETES STATUS WITH EXERCISE</u> | | | |
| (57) Abstract | | | |
| <p>A method of improving diabetes status in subjects with diabetes or at risk of developing diabetes, comprising identifying subjects having an allele and/or a genotype at a gene locus which positively correlates with greater success in improving diabetes status in diabetic individuals, as compared with other alleles and/or genotypes at the same gene locus, and engaging the subject in exercise training for a period of time sufficient to improve the subject's diabetes status. Genotypic distinctions may be found, for example, in the beta-2 and beta-3 adrenergic system receptor (ASR) gene, the peroxisome proliferator activator receptor gamma (PPAR-gamma) gene, the insulin receptor substrate-1 (IRS-1) gene and the fatty acid binding protein-2 (FABP-2) gene.</p> | | | |